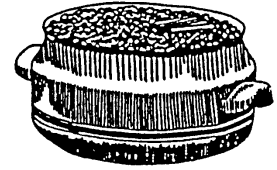


Beans



Dried beans and peas are high in nutrients and low in cost. They have little fat and are good for low fat diets.

Know Your Dried Beans and Peas

Name		Uses
Black Beans		Use in soups and sauces
Black-eyed Peas		Eat with rice, and greens, chicken or pork
Chick Peas (Garbanzos)		Use in soups, salads, dips
Kidney Beans (Red and White)		Use in chili, salads, and soups
Lentils		No presoaking needed. Use in soups, with rice, or in casseroles
Lima Beans		Skin large lima beans before using. Great in casseroles or soups
Split Peas		No presoaking. Good in soups
Pinto Beans		Great for refried beans and Mexican dishes. Can be used instead of kidney beans.
White Beans. (Great Northern, Navy)		Use in soups and casseroles

Each day adults and children need 2 servings from the meat group.

A serving is: 2 to 3 ounces lean meat, fish, or poultry
 1 to 1 ½ cups cooked dried beans
 2 eggs
 4 level tablespoons of peanut butter (not before 2 years of age)

Make a Meal Complete Without Meat...

The quality of the protein in dried beans and peas is different from the protein in meat and dairy products. Combine dried beans and peas with grains, milk, or cheese to make them a higher quality protein. Try these ideas:

Bean and Cheese Casserole
 Pea Soup with Milk
 Lentil Soup with Bread



Burritos with Cheese
 Red Beans and Rice
 Baked Beans and Cornbread

To Prepare Dried Beans

- Step 1: Rinse dried beans. Sort and throw away beans that are broken or shriveled.
- Step 2: Soak dried beans to shorten the cooking time. There are two ways to do this.
Quick soak--Bring 8 cups of water to a boil. Add 1 pound beans. Boil for 2 minutes. Remove from heat, cover, and let stand for one hour.
Overnight soak--Put 1 pound beans in a large bowl. Add 6 cups cold water. (Do not add salt to the water. Salt toughens the bean's shell). Soak the beans for 24 hours. Beans soaked overnight will cook faster and will have a more event texture than those soaked using the quick soak method.
After soaking beans, Do Not Drain! Beans are now ready for cooking.
- Step 3: Place beans and liquid in a saucepan. Bring to a boil. Cover and turn heat down. Simmer until beans are tender (you may add more liquid).

Recipes

Refried Beans

1 pound pinto (or other dried) beans
4 tablespoons oil or margarine

2 cups chopped onion
½ teaspoon garlic powder

Prepare beans for cooking (follow the steps given above). At step 3, add onion and cook until beans are tender. Mash beans with a potato masher or large spoon. Add oil and garlic powder. Cook on medium heat until beans are as thick as you like.

Bean Burritos

8-10 small flour tortillas
2 cups grated cheese
1 cup taco sauce



2 cups refried beans
1 cup chopped lettuce

Spread warmed tortillas with 2-3 tablespoons refried beans, depending on the size of the tortilla. Sprinkle with grated cheese, lettuce and taco sauce. Fold in the ends of the tortilla, then fold one side over the filling and roll up. Wrap in aluminum foil and warm in oven at 350 degrees for 20 minutes. Serves 4-5.

Taco Pizza

1 12 ounce can refrigerated biscuits
1/4 cup taco sauce
1 cup chopped lettuce



1 cup refried beans
3/4 cup shredded cheese
1 tomato, diced

Press biscuits into the bottom and 1 inch up the sides of a 10x8x2 baking pan. Mix beans and taco sauce. Spread over biscuits. Bake at 400 degrees for 10-15 minutes until crust is golden brown. Remove and sprinkle cheese over beans. Bake 5 minutes more until cheese is melted. Take out of oven and top with shredded lettuce and diced tomato. Serves 4-5.